

Occult Anatomy of the Body

This work requires the use of the Basic-7 Alchemical Herbal Extracts

This is the first step in obtaining practical results within the framework of the practice of Alchemical Gnosis. This practice is mandatory for all persons who wish to move on to the practice of the more advanced methods and the use of the higher and stronger alchemical products. The practice, though simple, accomplishes a number of things. First it prepares the scholar's body via the dry brushing to unclog the skin's pores thus allowing one to do conscious pore breathing. The skin is the largest organ of the body, it helps to regulate the body's temperature by releasing sweat when hot and cooling the blood that runs through the myriad of capillaries near its surface. The skin's outer membrane also acts as a protective barrier against infectious agents.

The skin also serves as a third pair of lungs. A fact which most persons do not give much thought. Yet if your skin is covered with an airtight sealant you will die from a buildup of toxins, gases, and hyperthermia.

The exercises in this chapter prepare your body for the alchemical journey which lays ahead. Proper attention to this work will have its very tangible rewards for you in the months and years to come. The practice lasts three months time and is quite simple to do. It should be continued though, throughout your entire life.

The first thing you need is a good stiff brush to help exfoliate your body. This should be done each morning and evening before going to bed. One may also use other cosmetic / hygiene aids to help in this process but the simplest is to just to brush the skin vigorously so that the blood flow is increased and the pores are opened up.

Once this has been accomplished find a comfortable place to sit and relax. Place 7 drops of the alchemical extract for the day on your tongue and then take 7 - 12 deep breaths as described in the "Magic of Air" section of the "Introduction to Practice" chapter.

When visualizing the different polarities spoken of in the section of the body outlined below one should of course see the electric as red and the magnetic as blue. Neutral may be seen as a violet or gray color according to one's preferences. The idea is that one should not just try to associate a color with the section of the body in question but also engender a feeling of heat when doing electrical, and coldness

when doing magnetic work. Neutral work will be a warm dampness. There are fourteen sections so the first round of this work is accomplished in 28 days or a complete cycle of the moon. You should spend two days mastering the visualization of each section before moving on. Of course the previous visualization work is incorporated into the current section one is working on. Therefore the first two nights one works on visualizing the head; nights 3 and 4 your work on the head and eyes; night 5 and 6 the head, eyes, and ears, and so on. After this initial period you should continue the practice for two more cycles of the moon. Please note this practice should be begun when the moon is full (waning).

First of all this practice will get your consciousness used to focusing on specific parts of your body, it will also move the energy of the alchemical extracts that you use to those parts of the body you are meditating on. This will be their first introduction to the subtle energies that all alchemists use and start the preparatory work of strengthening them so that they may contain and use the higher forces released in the later works.

Please be advised that when dealing with the locations sited below that we are dealing with *metaphorical* coordinates that must be understood in terms of *astral-mental significance, and not spatial location.

The Head:

Electric: Forepart, left side, and inside

Magnetic: Right side and back part

The Eyes:

Electric: Right and left sides (of each eyeball)

Magnetic: The inside (of each eyeball)

Neutral: Forepart and background

The Ears:

Electric: Left side

Magnetic: Right side

Neutral: Forepart, back part, and inside.

Mouth and Tongue:

Magnetic: Inside

Neutral: Fore part, back part, right and left sides

The Neck:

Electric: Left and inside

Magnetic: Forepart, back part, and right side

The Chest:

Electric: Left side, and back part

Electromagnetic: Forepart

Neutral: Right side, and inside

The Abdomen:

Electric: Forepart, and left side

Magnetic: Back part, right side, and inside

The Hands:

Electric: Left side

Magnetic: Right side

Neutral: Forepart, back part, and inside

The Fingers of the Right Hand:

Electric: Right and left side

Neutral: Forepart, back part, and inside

The Fingers of the Left Hand:

Electric: Right and left side

Neutral: Forepart, back part, and inside

The Feet:

Electric: Left side

Magnetic: Right Side

Neutral: Forepart, Back Part, and inside

The Male Genitals:

Electric: Forepart

Magnetic: Inside

Neutral: Back part, left and right side

The Female Genitals:

Electric: Inside

Magnetic: Forepart

Neutral: Back Part, right and left sides

The Last Vertebra together with the Anus:

Magnetic: Inside

Neutral: Forepart, Back part, right and left sides

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